

Mont Vernon

Come Enjoy A Day On The Farm!



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Saturday, September 27

Mont Vernon's annual Lamson Farm Day will be held on Saturday, September 27. Sponsored by the Lamson Farm Commission, it will be held rain or shine from 10 A.M. until 3 P.M. Admission is free. Lamson Farm is located on Lamson Road, off Route 13, in Mont Vernon. Featured events will include: Hayrides, farm animals, horse rides, children's games and family activities, tractors and antique vehicles, farm-related exhibits, craft

displays, blacksmithing demonstrations, good food and music.

Tickets for the chicken barbecue may be purchased on Lamson Farm Day while they last.

There will also be a silent auction on the farmhouse porch, with graduated bidding ongoing throughout the day. Some of the items include handmade items and lessons by local artists and crafters; a family photo shoot; gift cards and baskets; bales of hay; a delivery of bark mulch; a professional yard clean up; a cord of wood; a stay at a vintage

cottage on Lake Winnepesaukee; babysitting, housecleaning, and two hours of two electricians' labor. All proceeds will benefit the preservation and ongoing projects at the farm.

The Lamson Farm Commission is in need of volunteers to help present Lamson Farm Day, and contributions of pies or beans and auction items are needed. For more information, please contact Elliot or Dawn Lyon or any commission member.

Daland Memorial Library News

Library Director: Bonnie Angulas
Children's Program Director: JoAnn Kitchel
Hours:
Tuesday 10-5:30
Wednesday 12-8
Thursday 10-5:30
Friday 2-6
Saturday 10-1
Sunday Closed
Monday Closed
Fall Storytime

Fall into the library for an hour of stories, songs, and a craft. 6 week class begins Thursday, September 25th. Morning and afternoon sessions available. Preschool children ages 3-5. Registration is required. Space is limited! Call 673-7888 or stop in to sign up today!

Super Saturday Is Back!

Join us the first Saturday of the month for a fun craft.

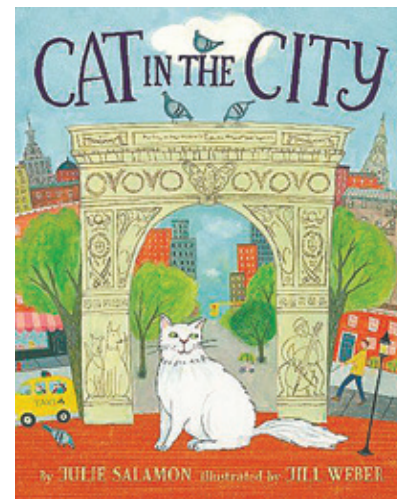
Super Saturday in September is TREEmendous! Join the fun at the library as we paint our own trees. Have you every painted with Q-tips? Give it a try! Its' guaranteed to be a good time! Registration is required. Space is limited. Ages 6 and up are welcome. Save your spot today! Saturday, September 6th @ 1:00.

Calling All New Readers!

Just starting to read? Sign up to read to a librarian on Wednesday anytime from 3-5pm as part of our All Star Reader Program. Bring a favorite book from home or select a title from our shelves to proudly read out loud. Children grades K-3 are encouraged to make a 15 minute reading appointment so we can look forward to your visit. Program will start on Wednesday, September 3rd and continue through the school year.

Illustrator Visit

Mont Vernon town resident and children's illustrator, Jill Weber, will be visiting the library on Wednesday, September 17th from 4-5:30pm to share her new book release "Cat in The City" written by Julie Salamon. Children ages 8 & up and are encouraged to sign up to hear



an excerpt from the book and learn how to make original miniature books. Space is limited. Registration is required. Call 673-7888 or stop in to sign the kids up for this special visitor today!!

New Adult Book Club!

We are happy to announce to launch of a new evening adult book club The Bibliophiles. The group will meet the last Wednesday of each month at 7pm. The first title the group will read is The Art Forger by B.A. Shapiro. The group will meet on Wednesday, September 24th at 7pm. Book available to borrow at the library.

Junior Book Clubs

Back to school, back to book clubs! Join one of our junior book clubs this year. Three new book clubs for children grades 3rd-8th grade.

Bonkers for Books junior book club for 3rd and 4th graders: September title "Beezuz and Romona" by Beverly Cleary Meeting Date: Wednesday, October 1st 4-5pm

The Page Turners junior book club for 5th and 6th graders: September title "The Land of Stories: Wishing Spells" by Chris Colfer Meeting date: Wednesday, October 8th 4-5pm

The To Be Named junior book club for 7th & 8th graders: September title "Escape from Mr. Lemoncello's Library" by Chris Graben-

stien. Meeting date: Wednesday, October 15 4-5pm

Book Discussion Program

Morning Book Discussion Program

The next selection in the Daland Memorial Library's morning book discussion program will be *The Eyre Affair* by Jasper Fforde. Set in an alternative 1985, this fantasy science fiction thriller with a little romance has heroine Thursday Next pursuing a master criminal through a character in Charlotte Bronte's *Jane Eyre*. Sound intriguing? The book, published in 2001, is the first in a series featuring Detective Next. The discussion will be held on October 6 at 9:30 a.m. at the library. Copies of the book are now available at the library.

The group usually meets once a month and the meetings last an hour and a half to two hours. Participants take turns bringing a light refreshment. No attendance requirement - attend discussions that are of interest. The library purchases a copy of each selection that may be checked out by library patrons when the book is not reserved for the discussion. Multiple copies of the book are made available through inter-library loan. The program is suitable for adults and open to Mont Vernon residents at no charge. For bookkeeping purposes, non-residents wanting to borrow a book will need to join the library, annual fee is \$15. Questions call the library at 673-7888.

Remaining Book List for 2014

October 6 - fiction: *The Eyre Affair* by Jasper Fforde

November 3 - non-fiction: *The Devil in the White City: Murder, Magic and Madness...* by Erik Larson

December 1 - classic: *The Gift of the Magi* by O. Henry

Friends of the Library to Meet September 22

The Friends of the Daland Memorial library will meet on Monday, September 22, at 7:30 p.m. at the library. The agenda will include plans for Lamson Farm Day, Saturday, September 27, setting a date to clean up the library gardens, and plans for Halloween at the library. President Bruce Schmidt will be presiding. New members are always welcome. Questions call the library at 673-7888.

Museum Passes at the Library

The following museum passes are available at the library to library patrons. Two museums are free and one has a small co-pay. Two are in NH and one is in Boston. Check the websites listed below for further details.

Currier Museum of Art

www.currier.org
Two passes - each pass admits two

SEE Science Center

www.see-sciencecenter.org
Three family passes

* Museum of Fine Arts

www.mfa.org
Take away FLEX pass - one pass admits two adults

* The pass includes admittance to the Art of the Americas Wing. NOTE - there is a \$10 co-pay for EACH adult. Some special exhibits require a ticket with an additional charge. (Without the library pass, the ticket price is \$25 (\$23 for seniors.)

Passes may be checked out for one week. (Take away and FLEX passes are not returned.) Late returns will incur a \$5 fine. Please call the library at 673-7888, or stop by to reserve a pass. Passes are made possible through the fund raising efforts of the Friends of the Daland Memorial Library.



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Meet the Elite Fitness Trainers

At Elite Personal Training & Fitness we are not only moving forward, we're moving forward faster than ever!

Elite Personal Training and Fitness operates two fully equipped fitness facilities, our express club, located on Rt. 101 in Bedford, NH, offers 24 hour access, personal training and a variety of exercise options to fit the needs of our broad customer base.

Our Manchester facility, located at 865 Second Street, is fully staffed, providing 12 personal trainers, high energy group exercise classes with daycare to accommodate the needs of our clients with children. Both facilities focus on "Achieving better health for all ages within our community."

Why Elite Personal Training & Fitness?

Elite Personal Training and Fitness programs are designed around the client's needs and goals. Our trainer's spend time learning about every client to insure we can provide the best possible training experience. All of our programs are results-driven, and specific to the client. We do not do cookie-cutter, one-size fits all programming. We also do not perform "workouts of the day" Every client will receive coaching on safe, effective exercise technique, proper nutrition strategies, and lifestyle coaching that will accelerate results.

We work closely with a client's other healthcare professionals to provide safe, effective fitness programming. Our clients come to us with different challenges...from those seeking weight/fat-loss, to those with health and physical challenges, and some with specific athletic goals. Our team of elite fitness professionals have the knowledge and expertise to assist in bringing about positive results.

Cynthia's Training Philosophy

I am certified through the American Fitness Professionals Association (A.F.P.A). I was a client of Elite Personal Training for over three years, as I witnessed my own physical and mental transformation, and how its success went so closely hand-in-hand with the encouraging, educated, professional guidance I was receiving, I became fascinated with the training culture. As an adventurous-natured, mom, wife, athlete and adrenaline seeker, I found I could take my energy, my empathy, my drive and love of physical fitness and give back to myself and those around me. It is my hope that I can play a part in helping others find that very same moment where they claim their own strength and make a lasting commitment to the future of their body's health and wellbeing.

My first session with a client always starts with a long conversation, I want to know what their goals are: 5k's, obstacle races, strength, weight loss. I then go through a condensed workout, assessing their physical and mental strengths and

weaknesses. Our next training session begins the training process for my clients to reach their goals. One of the best parts about my job is when a client says to me, "Wow, remember when I started and I couldn't do that, and now I can!"

I take pride in being a positive influence in my client's life. I like to have fun, therefore my clients have fun. My workouts are specific, but no workouts are ever the same. I enjoy using a variety of methods in the gym including strength, agility, plyometrics, HIIT & body weight exercises. At Elite we practice functional training because we want to make everyday activities in your life easier.

Client Testimonials

When I first started training with Cynthia last fall I was a frustrated "couch to 5k" runner - sort of aimlessly following bits and pieces of different training programs. I also had a very distinct image of what I thought I wanted to look like - and it did not necessarily fit in with my fitness ability goals. One of the first things I appreciated about Cynthia (and still appreciate) is how patiently and thoroughly she listened to my goals and gripes and sometimes groans. She really takes everything you say into consideration and every workout is fresh and new and totally tailored to my goals and new body image vision. I'm happy to say I've shaved minutes off of my time and added miles to my runs. Even better than that are the compliments I have received from friends and family - affirming all the hard work is paying off! Cynthia is always encouraging me to set new goals, often saying she "put a little more thought into how we can work on this" or "I read something that made me think of you, let's try it this way" - it is so gratifying to know my goals are being so specifically addressed - I almost don't even notice those 5 extra burpees she sneaks in there to get me to the next level. And, most importantly - Cynthia is always pleasant, bubbly, patient and kind. You want to work hard with her, you enjoy it! — Elizabeth, Age: 32

I began training with Cynthia in the fall of 2013. Cynthia is fun, energetic, positive and knowledgeable personal trainer. She individualizes your sessions so as to help meet your personal



goals. She has helped me reach my weight loss goal and has furthered my strength development. Recently, I ran my first 5k, which I never would have imagined doing a year ago. Cynthia has given me the encouragement, motivation and confidence that I could reach my goals and focus on future ones. I would highly recommend Cynthia as a personal trainer to others. — Suzanne, Age: 42

Cynthia's enthusiasm and ability to motivate make me look forward to every training session. I have been training with Cynthia for 11 months now; I am the puddle of sweat you will see at 6am and no training day is ever the same. The huge strides I have made in weight loss, strength and endurance were made possible with Cynthia's coaching, and thanks to her I am in the best shape of my life. Bottom line, I love training with Cynthia and plan to keep doing so. — Joe, Age: 56

SOME THINGS ABOUT CYNTHIA:

- "If you do what you love, you'll never work a day in your life" I'm happy I can say that!
- I have a 9yr old son who inspires me every day to keep moving
- I have competed in several sprint triathlons, Reach the Beach Relay, 5k's, half marathon and two Tough Mudders
- I am an avid hiker, currently working on the 48, 4000 footers
- I am happiest outdoors, biking, swimming, gardening, hiking, camping and walking my dogs
- I have a deep love for motorsports, 4wheeling, snowmobiling and dirtbiking
- Last summer, I purchased my dream vehicle a 2004 lifted Jeep Wrangler X (and YES, I know how to drive it, through the mud and over rocks)
- I am an animal lover, currently owning 2 dogs, a Boxer and Pitbull/Beagle mix and 1 cat
- I enjoy making beaded jewelry

If you have struggled to reach your goals in the past because of ineffective programs or lack of a plan, come by and see how we can help. It's our passion and drive to meet the health and fitness needs of our clients.



Contact Cynthia Gardent at cynthia@elitefitnessnh.com
or call either facility for a
FREE One Hour Assessment Training Session

384 Rt 101, Bedford | 865 Second St., Manchester
471-0724 **Open 24 Hours!** 625-4848

www.EliteFitnessNH.com